

## **Abstract**

**Title:** Physical and technical readiness of 10 - 11-year children at athletic preparatory.

**Objectives:** The aim of the study was to determine whether the deliberate training for a period of two months may be influenced by the level of physical and technical readiness of 10 - 11-year children who regularly attend athletic preparation.

**Methods:** The work was conceived as a theoretical and empirical study, which used a quantitative and qualitative evaluation of the level of physical and technical preparedness probands.

**Results:** When testing the condition of readiness assayed using (Long jump from a position, running at 50 meters, throw medicine ball (2 kg)) revealed that in almost all cases there was an improvement condition, only one child have deteriorated during the test run at 50m but only about 0.1 seconds, which can be considered negligible deterioration. In the tests, the technical readiness worsened also only one child, the test slew of obstacles, namely by 0.2, in all other cases, the children improved significantly, with an average value of 0.7 is about to sweep obstacles and throw the ball in test even the value of 1.1. At the same time, we came to the fact that children with better performance on tests of fitness achieved greater improvements in tests investigating the level of technology.

**Key words:** Athletics, prep, training, physical readiness, technical readiness